

A day as told by

Public Health

7:00 a.m.



You wake up and turn off your alarm—time to start another day. You head to the sink and brush your teeth.

8:05 a.m.



Coffee in hand, you head out to the car, buckle in yourself and your child and pull out of the driveway.

10:30 a.m.



The weekly tornado drill siren goes off and you and the rest of your floor follows the practiced evacuation plan.

12:00 p.m.



You and your coworkers take out your lunch. For you, today is a turkey sandwich and an apple.

2:00 p.m.



In the cafeteria, a group of nurses is conducting biometrics screenings, giving information on cholesterol, blood pressure and overall well-being.

4:30 p.m.



You leave work and pick up your child from daycare. They show you their art project from the day.

6:00 p.m.



After making dinner, you head to a local trail for a quick run.

8:00 p.m.



You watch the nightly news and a story comes on giving tips for staying cool in extreme heat.

A major achievement of public health is water fluoridation. Fluoride prevents your teeth from decay and cavities.

Motor vehicle safety, including seat belt use, is a focus of modern public health.

Public health departments help organizations develop emergency preparedness plans and also provide assistance in case of an emergency.

Public health professionals make sure that you don't have to worry about the safety of your food or water.

Public health focuses on prevention of disease through screenings, immunizations and education.

Public health recognizes that children's health and safety is an important factor in future success. Public health promotes child development and safe child care centers.

Public health attempts to increase community walkability and access to outlets for physical activity.

Public health routinely provides the community with information that helps them stay healthy and safe.

